

5 WHAT IS CLAIMED IS:

1. A support apparatus with interchangeable inserts, the support apparatus, comprising:

10 an elongate body having a first side and a second side disposed opposite the first side, the first side having a hook and loop fastening surface disposed thereon, the elongate body having a first end and a second end opposite the first end, the first and second ends capable of being attached to each other so that the body can be disposed in end-to-end fashion;

15 at least one insert having a first side and a second side opposite the first side, the second side having a hook and loop fastening surface capable of cooperating with the hook and loop fastening surface on the elongate body.

20 2. The apparatus of Claim 1, further comprising:

25 at least one strap attached to the body at a first end of the strap and having a free second end disposed opposite the first end, the second end having a hook and loop fastening surface disposed thereon, the strap having a cooperating hook and loop fastening surface disposed between the first and second end.

30 3. The apparatus of Claim 2, further comprising:
an anchoring ring attached to the body.

35 4. The apparatus of Claim 1, wherein the first side of the insert has a plurality of projections.

5. The apparatus of Claim 1, wherein the insert is hollow such that a cavity is formed therein.

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5 6. The apparatus of Claim 5, wherein a gel is disposed
in the cavity.

7. The apparatus of Claim 5, wherein a liquid is
disposed in the cavity.

10 8. The apparatus of Claim 5, wherein a solid material
is disposed in the cavity.

15 9. The apparatus of Claim 1, wherein the insert
comprises a sheet of absorbent material.

10. The apparatus of Claim 1, wherein the insert
comprises a magnet.

20 11. The apparatus of Claim 1, wherein the insert
comprises a perforated material.

12. A support apparatus with interchangeable inserts,
the support apparatus, comprising:

25 an elongate body having a first side and a second
side disposed opposite the first side, the first side
having a hook and loop fastening surface disposed
thereon;

30 at least one strap attached to the body at a first
end of the strap and having a free second end disposed
opposite the first end, the second end having a hook and
loop fastening surface disposed thereon, the strap
having a cooperating hook and loop fastening surface
disposed between the first and second end;

35 an anchoring ring attached to the body; and,

at least one insert having a first side and a
second side opposite the first side, the second side
having a hook and loop fastening surface capable of

5 cooperating with the hook and loop fastening surface of
the elongate body.

13. The apparatus of Claim 12, wherein the first side
of the insert has a plurality of projections.

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14. The apparatus of Claim 12, wherein the insert is
hollow such that a cavity is formed therein.

15 15. The apparatus of Claim 14, wherein a gel is
disposed in the cavity.

16. The apparatus of Claim 14, wherein a liquid is
disposed in the cavity.

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17. The apparatus of Claim 14, wherein a solid material
is disposed in the cavity.

18. A support apparatus with interchangeable inserts,
the support apparatus comprising:

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a base member shaped to conform to the hand of a
user, the base member having a first side and a second
side disposed opposite the first side, the first side
having a hook and loop fastening surface disposed
thereon;

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at least one strap for attaching the base member to
the hand of the user; and,

at least one insert having a first side and a
second side opposite the first side, the second side
having a hook and loop fastening surface capable of
35 cooperating with the hook and loop fastening surface of
the elongate body.

19. The apparatus of Claim 18, wherein the first side
of the insert has a plurality of projections.

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20. The apparatus of Claim 18, wherein the insert is
hollow such that a cavity is formed therein.

10 21. The apparatus of Claim 20, wherein a gel is
disposed in the cavity.

22. The apparatus of Claim 20, wherein a liquid is
disposed in the cavity.

15 23. The apparatus of Claim 20, wherein a solid material
is disposed in the cavity.

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